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• HIGHLIGHTS •

December • 2018

Issue 9 42nd Year

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Vice Pres.	Vacant		
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Treasurer	Robert Strang.....	1001	727-669-2037
Director	Fred Reynolds.....	1308	727-307-7964

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2nd Vice Pres.	Marge O'Kane
Secretary	Pat Jones
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President:	Fred Reynolds	727-307-7964
Vice Pres.:	Doug Anderson	
Secretary:	Morna Rankin	712-3816
Treasurer	Jan Schuneman	815-535-1514
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'A' Co-Captain:	Robert Strang	669-2037
'B' Captain:	Dick Rankin	712-3816
'B' Co-Captain:	Tonya Bowman	859-802-9563
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Social Club

Submitted by Pat Jones



We are about to embark on a new season of events. First up is the MEET YOUR NEIGHBOR party on December 1st. At this time we are planning on dinner to start around 6:00 p.m. and entertainment by JELVIS beginning at 7:30 p.m. Watch the memo boards and the bulletin board for more information. This is a free event, so plan on stopping by, even if only for a moment. Bring a neighbor, meet a neighbor and gain new friends.

Our first meeting will be on Friday, December 7th at 7:00 p.m. We will be discussing the upcoming season, forming committees, and asking for input on activities.

New officers will be elected in January and the nominating committee will be looking for candidates. Please consider volunteering for an office. Contact Carole Sutherland, Janet Boswell, or Jan Schuneman to volunteer or for more information.

New Year's Eve Party will be December 31st. Entertainment will be by 2 DOG NIGHT. Tickets will be available beginning the middle of December

Coffees will be held on December 8th and 22nd at 9:00 a.m. Bring your coffee cup, \$1 and invite a neighbor. This is a way to find out what is going on with all the clubs.

Potluck

Potlucks are held on the 2nd and 4th Thursday of each month at 6:00 p.m. Occasionally there is a change in day for special events. We request that you sign up in the red book located in the clubhouse so there is enough entree for everyone. You need to bring your place setting and a side dish to share with the group. There is a sign up sheet available if you would like to be hostess of a potluck. The office provides money for the main dish and on the first Thursday an extra amount for a birthday cake to celebrate all birthdays of the month. Clean up help is always appreciated.



POTLUCK DINNER

Shuffleboard Club News

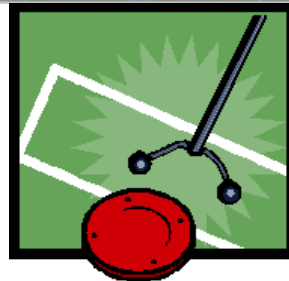
Welcome back all returning members. Some "Snowbirds" have returned already and we wish safe travels to the others who will be returning soon. "A" Team captain is Jim O'Connell and "B" Team captain is Dick Rankin. The Court Managers are Roy Morgan and Fred Reynolds.

Welcome to new members Diane Depaola and Susan Reynolds who have joined the team.

Our 2018-2019 Big 10 League games began on Monday, November 12, 2018. "B" Team plays on Mondays and "A" Team plays on Wednesdays, except Thanksgiving Week when the games are played on Monday & Tuesday. We will continue doing a 50/50 Split Club Raffle at each home game to raise extra funds to help cover expenses. Hope everyone will support this endeavor.

Fun Shuffles will continue every week. Check the bulletin board for day & time. The cost is \$1.00 per person and all park residents are welcome to come out and have some social fun.

Any new Hillcrest Residents who wish to shuffle on the teams are always welcome. Just contact any team member and indicate your desire to play.



Line Dancing

I would like to begin Line Dancing in the Clubhouse on Friday, December 7, 2018 at 1:00 - 2:30 p.m. I would like this to be put in the newsletter on Fridays beginning in December. Every Friday till April news. Contact Carol Deaver, Lot 1411, 727-725-4525



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He broke bones in his neck plus other injuries. He has **NO** insurance and he is the sole provider for his family. ANY donation you may be able to help with will be **GREATLY APPRECIATED!!!**

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Pop quiz for heaven

A cruise ship captain, an accountant, and a guy named Marvin—formerly known as the office know-it-all—found themselves outside the pearly gates before St. Peter.

“Gentleman,” said St. Peter. “Congratulations on making it this far, but your journey through the afterlife isn’t over just yet. In order to be allowed into heaven, each of you must answer a simple question.”

The three men looked at each other and then looked at St. Peter and nodded. St. Peter then retrieved a folded piece of paper from a glass fish bowl labeled “Admittance questions for Heaven.”

“Captain,” St. Peter said, “What was the name of the ship that hit an iceberg and sank in April 1912?”

“The Titanic,” the captain replied.

“That is correct,” answered St. Peter as he stepped aside to make a path for the captain. “You may pass through the pearly gates.”

St. Peter looked at the two remaining men and said, “This next question is for the accountant. How much did it cost to build the Titanic?”

“It cost \$7.5 million.”

“Welcome to heaven,” St. Peter said to the accountant as the gates opened.

“Marvin,” said St. Peter. “Are you ready for your question?”

“Yes,” said Marvin. “I was born ready.”

“There were three dogs rescued from the Titanic. A Pekinese and two Pomeranians. What was the name of the Pekinese?”

Marvin blinked. “Seriously? How is that a simple question?”

St. Peter said, “If you were meant to be here, you’d know the answer.”





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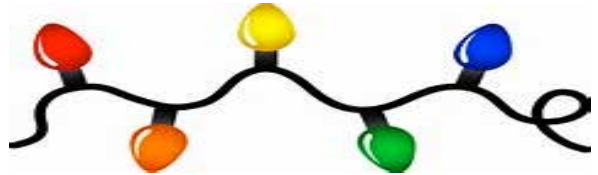
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December Sudoku

		3						4
2				4		1		7
	4			8			6	
			2	3	7			5
				5				9
3	7							
	5							
8			7	6	2			
							8	



4	3	7	2	9	1	5	8	6
8	9	1	5	7	6	2	4	3
6	5	2	4	3	8	9	7	1
3	7	5	9	1	4	6	2	8
1	2	8	7	6	5	4	3	9
9	6	4	8	2	3	7	1	5
5	4	9	1	8	7	3	6	2
2	8	6	3	4	9	1	5	7
7	1	3	6	5	2	8	9	4



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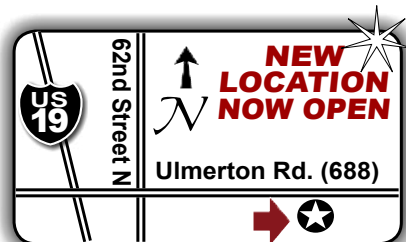


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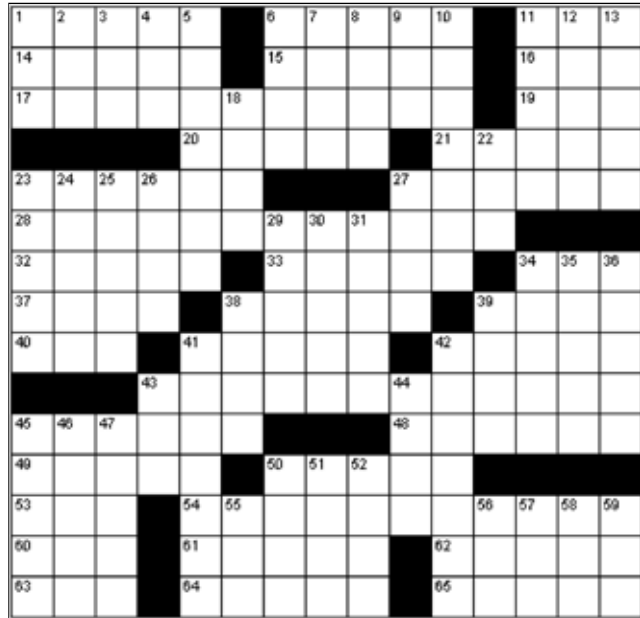


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ACROSS

- 1. He told fables
- 6. Hebrew unit of dry measure
- 11. Each and every one
- 14. France's longest river
- 15. Goat-like antelope
- 16. Meadow
- 17. A person who amuses
- 19. Dine
- 20. Boast
- 21. Handbag
- 23. Sheen
- 27. Whirlpool
- 28. Crossroads
- 32. An unbroken period of time
- 33. Fool
- 34. Louse-to-be
- 37. Slant
- 38. Book of fiction
- 39. Windmill blade
- 40. Collection
- 41. Movable fence barriers
- 42. Shelf
- 43. An irrational belief
- 45. Ancient ascetic
- 48. Terminates
- 49. Colorful parrot
- 50. Fern-to-be
- 53. American Dental Association
- 54. A commemorative date
- 60. Sick
- 61. Tropical vine
- 62. Eagle's nest
- 63. Caustic
- 64. Kick out
- 65. Directs from the front



DOWN

- 1. Beer
- 2. Long, long time
- 3. Seat oneself
- 4. Refinable rock
- 5. Deviant
- 6. Jacob's brother
- 7. Ache
- 8. Suggestion
- 9. How old one is
- 10. Whaling weapon
- 11. Warning
- 12. Rent
- 13. Rubber
- 18. Thick bituminous liquids
- 22. Ashes holder
- 23. Enumerates
- 24. Unfasten
- 25. Piling
- 26. Canvas dwelling
- 27. Six-stringed instrument
- 29. Overact
- 30. Don't judge a book by this
- 31. Lock of hair
- 34. Low point
- 35. Metal bar
- 36. Adolescents
- 38. Back of the neck
- 39. Disallow
- 41. Thick plank along the side of a wooden ship
- 42. Not conservative
- 43. Ocean
- 44. Container weight
- 45. Electronic messages
- 46. Unhappily
- 47. Weighing machine
- 50. Break
- 51. A coniferous tree
- 52. Elliptical
- 55. Prohibit
- 56. Behold
- 57. Southern constellation
- 58. Purge
- 59. Not no



December 2018



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Coldest place in the world

You may think it's cold where you live right now—if you're in the northern hemisphere, at least—but scientists have located the absolute coldest spot on Earth. No surprise—it's in Antarctica.



The National Geographic website reports that satellite data have identified an ice sheet in the middle of the southern continent with a temperature of minus 144 degrees Fahrenheit. This breaks the previous record for the chilliest place on the globe—minus 128 degrees, recorded in 1983 at the Russian Vostok Station close to the South Pole. At that low temperature, breathing itself is dangerous—more than a few breaths would make your lungs hemorrhage.

Chances are we won't find any colder places. Increases in greenhouse gases and water vapor in the air have scientists expecting a rise in temperatures across the Antarctic of three to four degrees in the coming years.

Next time around

A student spent a semester abroad to learn about life in a different culture. Each day he left the home of his host family to walk several miles to the school for his classes. Along the way he'd pass a river.

Seated near the bank of the river was an old man. He was there every morning and also in the evening, no matter the time. He was also there on the weekends, sitting and staring off into the horizon, not interested in the comings and goings of the world around him.

After several weeks, the student's curiosity got the better of him. He approached the man and initiated a conversation. Eventually, the student asked the man why he sat by the river all day long.

The man explained that he believed in reincarnation and that his soul had been reborn many times. He said that life was filled with many lessons and that one might be reborn and faced with the same lessons many times before ascending into a different life the next time around.

He went on to say that some lifetimes were good, others were not. "This life is neither beautiful nor challenging, nor interesting nor exciting," the man said to the student. "I'm content to sit out this one."



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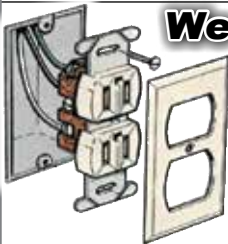
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JANUARY 2019 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		
2	3	
First Sunday of Advent		
9	10	
16	17	
23	24	
	Christmas Eve	Ch
30	31	
	New Year's Eve	

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Tuesday	Wednesday	Thursday	Friday	Saturday
				1
4	5	6	7 Pearl Harbor Remembrance Day	8
11	12	13	14	15
18	19	20	21 First Day of Winter	22
25	26	27	28	29
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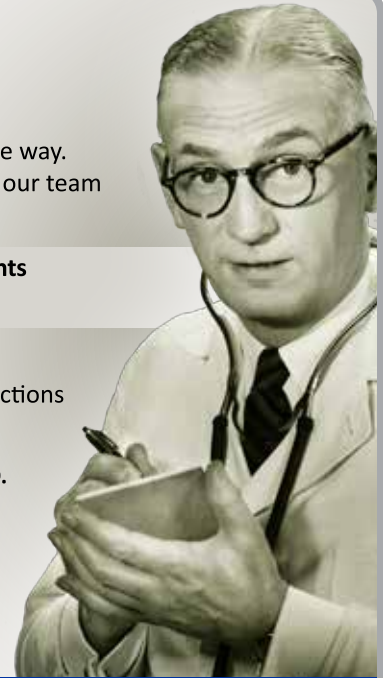


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The high cost of health care surprises many



Have you ever opened a medical bill and been stunned by how much you owe? You're not alone. The EurekAlert website reports that 57 percent of Americans adults have been surprised by a medical bill because they thought the services were covered by their insurance. Twenty percent of them say the costs were because their physician wasn't in their network.

The costs have different origins. The most common are for physician services (53 percent), laboratory tests (51 percent), health care facility charges (43 percent), imaging (35 percent), and prescription drugs (29 percent).

Life it is not just a series of calculations and a sum total of statistics; it's about experience, it's about participation, it is something more complex and more interesting than what is obvious.

—Daniel Libeskind

Alcohol a major contributor to deaths worldwide

A cold beer or a stiff drink may be relaxing, but according to a USA Today article, alcohol is associated with 2.8 million deaths a year, and was the seventh leading risk factor for premature death and disability in 2016.

As reported in a study written up in the medical journal The Lancet, researchers looked at almost 700 studies from around the world to investigate alcohol's health risks in 195 countries. Their findings included the fact that alcohol was associated with almost one in 10 deaths of people 15–49 years old, contributing to tuberculosis, car accidents, and self-injury. With people over 50, cancers were a leading cause of alcohol-related deaths—27 percent of deaths in women and 19 percent in men.

The study's lead author, Max Griswold of the Institute for Health Metrics and Evaluation at the University of Washington, advises: "If everyone cut their consumption in half, we could save a million lives globally."



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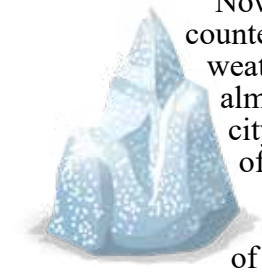
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Huge iceberg heading north

A massive iceberg is on the move. Scientists expected A-68, which split off from the Larsen Shelf in Antarctica in July 2017, to start crumbling shortly after the break. Instead, it remained mostly intact and anchored in a shallow seabed.



Now it's beginning to drift. Satellite images show it swinging counterclockwise to the north, due to a combination of ocean currents and weather conditions. Although it's lost some large chunks of ice, it's still almost as big as it was since the initial breakup—four times the size of the city of London, according to the UPI website, with a volume twice the size of Lake Erie and a weight of more than 1 trillion metric tons.

Scientists predict that A-68's drifting will dig gouges in the sediment of the seafloor beneath it. As it becomes increasingly exposed to warmer water, it will likely continue to spin and drift away from its birthplace near the South Pole.

Cheese has a long history

Cheese has been popular for a lot longer than you may have thought. An analysis of ancient pottery from the Dalmatian Coast of Croatia has discovered traces of fermented dairy products like soft cheese and yogurt from some 7,200 years ago, according to the Science Daily website.

The discovery means that cheesemaking is 4,000 years older than previously known. Milk pottery from 7,700 years ago has been found in the area, indicating that our ancient ancestors had milk in their diets—at least their children up to about age 10. (DNA analysis shows that adults at that time were lactose intolerant.)

The development of cheese production changed the style and form of pottery as well. Among the artifacts found at the site were sieves, which are often used to strain milk when it becomes curds and whey. The sieves contained evidence that they had been used in secondary milk processing to make cheese or other dairy products.



Lack of sleep and heart disease



The key to good heart health—and good health in general—may be a good night’s sleep. According to a UPI article, a Swedish study has found that the risk of developing cardiovascular problems is double for men who sleep five hours or less a night.

Researchers tracked 798 men for 21 years, categorizing them by sleep pattern: five hours or less, seven to eight hours, and more than eight hours. The results indicated that the group sleeping five hours or less had twice the risk of a major cardiovascular event by 71, even after adjusting for such risk factors as obesity, diabetes, and smoking.

Yet one more reason to get your rest.

What to do when someone isn’t conscious

Someone is unconscious—not asleep, but out cold. What should you do? Call 911, of course, but while you’re waiting, here are some tips from the Medical News Today website for helping out:

- Ask whether they’re OK. If the person responds, ask some basic questions like their name, birthday, or the date. Wrong or confused answers could signify a brain injury.
- Check their airways. If the person doesn’t respond, determine whether they’re having difficulty breathing. If you see something lodged in the throat, try to remove it with a one-finger swipe. Otherwise don’t go exploring—you may push an object deeper down the person’s air passages.
- Don’t put a pillow under the person’s head. This can disrupt his or her breathing.
- Check for bleeding. If the unconscious person is losing blood, apply pressure to the wound or wrap a tourniquet above the area to slow blood loss until emergency personnel arrive.
- Don’t make them sit up. If a spinal cord injury has occurred, this could be dangerous. If the person is breathing and there’s no sign of a spine injury, roll him or her onto the side and adjust the legs so that the hips and knees are at right angles, and tilt the person’s head back gently to keep the airway open.

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EVENTS & PROGRAMS

Palm Hill North Recreation Club's Annual Bazaar, Craft & Bake Sale with lunch available. Saturday, December 1st, 9am-1pm (early admission 8:30am \$1.00). 401 8th Ave. S.W., Largo (off Seminole Blvd)

Yard Sale: Christmas items only. Saturday, December 1st, 8am. Sunset Palms MHP 3401 Gandy Blvd.

Christmas Gift Market & Silent Auction. Crafts/Vendors December 1st, 9am-2pm. Connect2Christ Church, 9398 Oakhurst Road, Seminole, FL 33776

ART/CRAFT FAIR: Saturday, December 1st, 9am-1pm, Lake Highlander MHP, 1500 County Road 1, Dunedin. Great Holiday Gifts!

CRAFT FAIR/BAKE SALE: Saturday, December 1st, 2018. 11am - 4pm. Island in the Sun. 100 Hampton Rd., Clearwater. Unique handmade gifts. 570-242-6361

Sunset Plams MHP Annual Craft Fair and Bake Sale. Saturday, December 8th, 9am. 3401 Gandy Blvd.

Craft Fair and Bake Sale: Saturday, Dec. 8th, 9AM to 2PM. 601 Starkey Rd. East Bay Oaks, Largo, 33771. Questions? Call Tammy 727-550-6750

CRAFT SALE: December 8th, 9am to 2pm. Vacation Village, 6900 Ulmerton Rd., Largo.

SOUTHWIND CRAFT FAIR & BAKE SALE: December 8th, 9am-1pm. 795 County Road 1, Palm Harbor

CRAFT FAIR December 9th, 2018, 10:00-3:00. Twin Lakes MHP Clubhouse 2419 Gulf to Bay Blvd., Clearwater

Ranch Mobile Park, Park-wide Yard Sale. Saturday, January 5th, 8:00am - 2:00pm, at 6800 150th Ave. N., Clearwater, (Largo)

Annual Rummage Sale: Sat, Jan. 12th, 2019. Golden Crest MHP, 800 Main St., Dunedin

Ranch Mobile Park White Elephant Sale: Saturday, January 26th 2019. 9am to 1pm at Ranch Mobile Clubhouse, 6800 150th Ave. N., Clearwater 33764 (Largo)

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ATTENTION RESIDENTS!

Did you know this Emporium/ Classified listing reaches over 21,500 homes in Pinellas County? It goes into 60 community newsletters (just like this one) from Dunedin to St. Petersburg. This is a great market to sell items, advertise your next event, try and get help for a function, and many other great things. Remember to think about this the next time you're planning something.

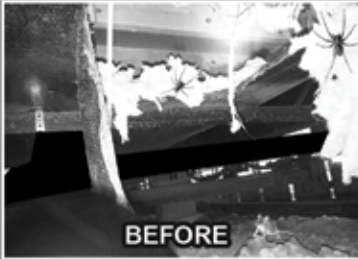
-Monthly Media Staff



JANUARY AD DEADLINE - DECEMBER 10, 2018

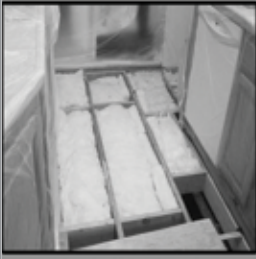
• Advertise BUY, SELL, TRADE ITEMS by sending copy & check to Monthly Media at 220 Bahama St, Venice, FL 34285.
 • Ads over 10 words must be accompanied by \$.80 per extra word or publisher will edit. • No mobile home sales, no professional products or services. SORRY: No ads accepted by phone or email. DEADLINE: 10th OF EACH MONTH.

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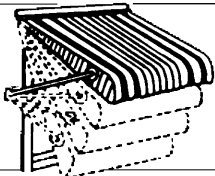
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Monthly

National Impaired Driving Prevention Month. Help keep America's roadways safe this holiday season. Use a designated driver, rideshare, or a taxicab to transport you to and from the season's festivities. Drive sober and undistracted now and throughout the year.

Safe Toys and Gifts Awareness Month. Because your child's favorite toy can present a choking hazard or other serious injury, the folks at Prevent Blindness have created a list of guidelines that will help you make a safe toy purchase this holiday season. Visit their website at <https://www.preventblindness.org/safe-toy-checklist>.



Universal Human Rights Month. During this season of peace and goodwill, take time to recognize the equality, civil rights, and dignity of our fellow humans.

Worldwide Food Service Safety Month. December shines a spotlight on the food service industry, promoting proper sanitation, packaging, and food handling practices, as well as accurate labeling and storage and other considerations that help prevent contamination and food-borne illnesses. Be extra vigilant in choosing where you dine out or take out this month.

Weekly

Cookie Cutter Week, Dec. 1–7. Roll out the gingerbread, shortbread, and sugar cookie dough, then use your favorite cutters to shape and bake a batch of tasty holiday cookies. Whatever you decide to bake, make sure you share.



Hanukkah, Dec. 2–10. This Jewish festival of lights is celebrated over eight days with special prayers, food, and the nightly lighting of the menorah.

Older Driver Safety Awareness Week, Dec. 3–7. The American Occupational Therapy Association uses this week to focus on the risks and challenges associated with driving for an aging population. Learn more at www.aota.org/Conference-Events/Older-Driver-Safety-Awareness-Week.aspx

Las Posadas, Dec. 16–24. For more than 400 years, Catholics in Spanish-speaking countries have celebrated the Nativity through prayer, caroling, and musical re-enactments during the nine days preceding Christmas.

Kwanzaa, Dec. 26–Jan. 1. This weeklong African-American celebration of family, community, and culture helps to usher in the new year on a positive note.

The palm reader

Two friends visited a palm reader hoping to gain some insight regarding their lives. The first friend sat in the chair and extended her hand. After a brief once over the palm reader said, “You will struggle and be miserable for the next few years.”

“See, I told you my luck is going to change eventually,” said the one friend to the other.

“Your luck will remain the same as your struggles,” said the palm reader. “It’s your attitude that will change.”

Use all available resources

A young boy was trying to move a large boulder in the far corner of his yard. Various tools were strewn about the grass. After his latest attempts to move the large rock on his own, he groaned in defeat and leaned against it.

“What are you doing out here?” his father asked

“I’m trying to move this boulder,” the boy said. “But I’ve tried everything, and it won’t budge. It’s impossible.”

The boy’s father looked at the tools lying in the grass, looked to his son and said, “Are you sure you’ve tried everything?”

“I’ve tried the shovel, two-by-fours—”

The father held up his hand and said, “Did you try asking for help?”

The most delightful surprise in life is to suddenly recognize your own worth.

—Maxwell Maltz



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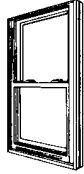
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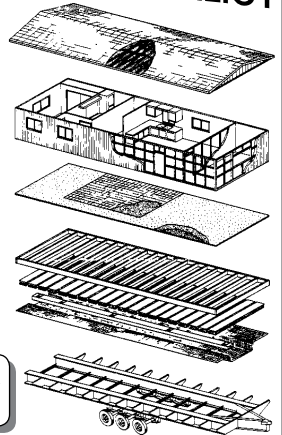
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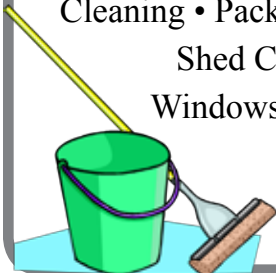
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With our monthly cash give-a-way, **Monthly Mania**, residents can win up to \$100 for simply using the businesses in the newsletter. See the winners listing page toward the end of this newsletter for more info. We give out \$400 monthly to residents just like you!

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THOUSANDS manufactured home residents have won over **\$145,600** since our contest began. It's simple to play ... when you patronize a current advertiser, ask for a Monthly Mania ticket (or a reasonable facsimile) and fill it out completely. Put the ticket in our Monthly Mania drop box in your community or mail your paid receipt to us at **Monthly Media • 220 Bahama St. • Venice, FL 34285**. That's all you do. At the end of the month the Publishers will pick up the tickets and hold a drawing. If your ticket is drawn, we mail you a check.

(Allow 4-6 weeks for mailing of check). **This month's cash winners are:**

Kevin Osborne	\$100	Suncoast Auto & Tire, Inc.	Paul Humphries.....	\$5	Rod Runners, Inc.
Tom Turner.....	\$10	Royal Enterprise	Sherry Miller.....	\$5	The Plumbing Patrol, Inc.
Kathy Herman.....	\$10	Automotivation	Maryanne Bailey.....	\$5	Palm Harbor & Dunedin Electric, Inc.
Carol Nameth.....	\$10	Imperial Electric Service of Pinellas	Tony Marchetti.....	\$5	Air Masters of Pinellas, Inc.
Jeanie Heeren	\$10	Doll Brothers Carpet Cleaners	Sue Shifflett.....	\$5	Nature's Resource Pest Control
Isabelle Lane.....	\$10	Bob's Mobile Home Washing	Robert Vaglica.....	\$5	Jones & Sons Plumbing Inc.
Sandra Shouse.....	\$10	E & E Gliddon Air Conditioning, Inc.	Kathy Molinaro.....	\$5	Appliance Specialty, Inc.
Roland Tremblay.....	\$10	Heller's Mobile Home Washing	John Gagne.....	\$5	Rick's Appliance Repair
Kathy Sweetman.....	\$10	At Home Floors Carpets + Color Tile	George Parsons	\$5	Buggin Out Pest Control, Inc.
Paul Gray	\$10	Bill the Carpet Guy	Loraine Griffith	\$5	Rod Runners, Inc.
Ronald Van Valkenburg	\$10	Modern Air Conditioning Service	Pam Chance	\$5	Appliance Specialty, Inc.
Anna Schloder.....	\$10	Boss Electric Corp.	David Illar	\$5	Discount Computer Repair
Patricia Webb.....	\$10	Air Masters of Pinellas, Inc.	Annette Neglia	\$5	The Plumbing Patrol, Inc.
Tom Barboza.....	\$10	Buggin Out Termite & Pest Control	Richard Beaupre	\$5	Imperial Electric Service of Pinellas
Debbie Kolka.....	\$5	Doll Brothers Upholstery Cleaners	Marilyn Franz.....	\$5	Jones & Sons Plumbing Inc.
Mary Blackmon	\$5	Rick's Appliance Repair	Janis Malara	\$5	Boss Electric Corp.
Dennis Daley.....	\$5	Palm Harbor & Dunedin Electric, Inc.	Chris Eckhart	\$5	Battleline Termite & Pest Control, Inc.
Ronald Wallace.....	\$5	Recreational Golf Carts of Florida	Richard Summers.....	\$5	Air Masters of Pinellas, Inc.
Valerie Vaughn.....	\$5	Nature's Resource Pest Control	Dorraine Beleno.....	\$5	Bill the Carpet Guy
Paul Stevens.....	\$5	Heller's Mobile Home Washing	Donald Vollmer.....	\$5	Battleline Termite & Pest Control, Inc.
Ted Bizan.....	\$5	Jones & Sons Plumbing Inc.	Suzanne Kelley.....	\$5	Royal Enterprise
Deborah Robinson	\$5	Appliance Specialty, Inc.	Lori Rocznik.....	\$5	Heller's Mobile Home Washing
Mary Roth.....	\$5	Battleline Termite & Pest Control, Inc.	Lynn Ruhl.....	\$5	Ron Wyngarden Mobile Home Washing
Carolyn Padden.....	\$5	Recreational Golf Carts of Florida	David Blakeslee.....	\$5	Nature's Resource Pest Control

- Limit of one ticket per visit • Advertiser may have up to 4 winners per month • Advertiser must have bill paid current to qualify
- No purchase necessary • Contest void where prohibited by law • Tickets available at participating Monthly Media advertisers.

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